

The Galion YMCA

for Body, Mind & Spirit



Looking for something to get you out of a rut? Loneliness is a growing concern in the United States, not only among retirees who were confined to their homes due to Covid-19, but also the 18 to 24-year-olds, or “emerging adults,” who experience feelings of isolation and disconnection that affects their mental and physical well-being. A major contributor to loneliness among that age group is the rise of technology and social media and the Covid pandemic, not to mention leaving home for the first time, starting college or a new job.

Meanwhile, seed catalogs were mailed out to area gardeners, who over-indulged on holiday treats, the first week in January but seeing as how we can't get into the garden for months yet, we all might need a diversion that will get us out of the house and allow us to get moving at the same time.

The Galion Community Center YMCA at 500 Gill Avenue in Galion could be just the ticket for all of us.

Exercise is a scientifically proven mood booster, decreasing depression and anxiety, and the Galion YMCA offers a whole range of facilities and programs, which can benefit people of all ages. Included at the Galion Y is the Free Weight/Nautilus Room, featuring an array of free weights and nautilus trainers and the Cardio Room, which has treadmills, step machines and bikes, cross trainers and rowing machines.

The Y has two gymnasiums including a multi-purpose gym and a regulation court with a combination of 12 basketball hoops and three volleyball courts.

Also included at the Galion YMCA is a dry sauna and a 10-person adult hot tub. The hot tub is linked to the 25-yard swimming pool, which is open to lap swim, open swim and free youth swim lessons

(for members). The Y offers a number of youth swim classes, that can be found on their website.

There is also a multi-purpose aerobics room with heavy bags, land aerobics classes and a child watch program for members at \$1 per hour, with morning and evening hours. Speaking of child care, the YMCA offers full-time child care for infants and toddler/preschoolers Monday through Friday. They also offer school-age care 6:30 am until the bus picks up the children and then are bused back after school. Contact Cindy Bays, Child Care Site Director, for additional information and price at (419) 468-7754.

Among the many land programs offered at the Y is a Pilates class, low-impact aerobics, yoga, a spin class set to music and a Cardio Mix class, which uses spin bikes and weights.

Aquatics classes include Water Aerobics, Aqua Jog & Step, Swimnastics, a low intensity class to tone and strengthen muscles, Water Walk and Arthritis Exercise.

Also targeting the senior crowd is the Silversneakers I class which focuses on muscular strength and range of movement set to music, an activity benefitting daily living skills. You don't have to know how to swim for the Silversplash class, which uses kickboards for stability and balance in the water, good for those with arthritis and other joint conditions. Both of these classes are free to members.

Payment plans and membership fees may be obtained by calling the Y or by visiting their website at www.galioncenterymca.org however, individuals will not be turned away due to inability to pay YMCA fees. The Y maintains a generous scholarship program for youth, adults and families who demonstrate financial need. Day passes are also available for non-members. Contact the service desk (419) 468-7754 for more information.

And if Galion isn't in your neighborhood, the Bucyrus YMCA has similar offerings at their 1655 E. Southern Ave. location. You can reach them at (419) 562-6218 or [www. https://www.bucyrustiffinyymca.org](https://www.bucyrustiffinyymca.org) for more information.

